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Headline: Camp Pendleton Opens Sports Injury Clinic
Camp Pendleton, CA--In a joint venture between the Line and Medical communities, Marine Corps Base Camp Pendleton, CA, has opened a new clinic that specializes in treating and preventing musculoskeletal, or "sports," injuries. The new Sports Medicine and Rehabilitation Therapy clinic (SMART) opened at the Marine Corps School of Infantry on 31 July.

Musculoskeletal injuries deal with muscles, tendons, bones, joints, ligaments or nerves - the same type of injuries athletes sustain. While these injuries generally aren't life threatening, they do account for most limited duty chits and medical holds.

"Since the opening of the SMART clinic, there has already been a distinct decrease in attrition rates and the number of Marines returning to duty and completing their Infantry training has increased immeasurably," said the Clinic's Director, LT Shawn Humphries, MSC.

The unique clinic found operating space in the School of Infantry, which also provided more than \$43,000 for equipment. Naval Hospital Camp Pendleton provided additional equipment, a multi-disciplinary staff and telemedicine capability.

The clinic offers the most appropriate, aggressive, and cost effective treatment of injuries by bringing together physical therapists, sports medicine physicians, and

physical therapy technician corpsmen. It also offers education and prevention of musculoskeletal injuries including conducting presentations on back injury and stress fractures prevention.

By Ann Kirby, Bureau of Medicine and Surgery

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Headline: Submarine Spouses Ease Mammogram Anxiety

Yokosuka, JA--Having a mammogram at the U.S. Naval Hospital (USNH) Yokosuka (JA) Radiology Clinic will be a more relaxed experience for many women, thanks to the generosity of a group of volunteers.

Like many other hospital procedures or tests, having a mammogram can be stressful, even under the best circumstances. To help make it a more relaxed, pleasant experience, the Commander Submarine Task Force Seventy (CTF-70) Spouses Club donated carpeting, music, and decorations to make the mammography waiting area and clinic less cold and Spartan.

"Each one of us could empathize with having a more comfortable room," said Simone Trott, president of the CTF-70 Spouses Club.

The spouses donated mauve carpeting, a combination compact disk player and radio, a candy dish, and a wicker magazine rack with assorted magazines and catalogs.

"We plan to keep this going," said Trott. "We'll keep the candy dish supplied and continue to bring in magazines for the magazine rack."

Other items volunteers with the Spouses Club are working on donating include a hanging silk plant and an obi sash wall hanging.

"The bottom line is, it allows women to have a more comfortable atmosphere," said LCDR Tremont Parrino, MC, a staff radiologist. "It lessens anxiety. Half of the healing art is instilling confidence."

By Bill Doughty, USNH Yokosuka

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Headline: Nurse Saves Hospital Over \$177,000

Pensacola, FL--Elizabeth Hagensick, a Licensed Practical Nurse (LPN) who runs Naval Hospital (NH) Pensacola's immunizations clinic, stopped to read the fine print on a drug circular and saved her hospital more than \$117,000.

When Florida announced it would begin requiring all seventh graders be immunized with the Hepatitis B vaccine beginning in the 1997 school year, Hagensick did a little research on the Engerix brand of vaccine the hospital uses. And there, in the small print, was an expanded authorized application of the pediatric dosage.

"I looked into the pediatric versus adult dosage issue of the vaccine and learned to nearly everyone's surprise we could use pediatric dosages for patients up to the age of twenty," said Hagensick. "Previously, it had only been for

patients through the age of ten. I checked it out with the Center for Disease Control in Atlanta and they said it was perfectly acceptable. That means we can use the Hepatitis B pediatric dose on those 20-year-old and younger enlisted personnel attached to area commands."

That could mean as many as 16,000 'C' school students a year when the new Naval Air Technical Training Center opens in Pensacola in addition to the seventh graders who must get immunized.

"So, I guess I opened up a good, beneficial can of worms," Hagensick said.

By Rod Duren, NH Pensacola, FL

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Headline: Navy Researches Potential Malaria Vaccine

(MEDNEWS)--The Naval Medical Research Institute (NMRI) and a civilian corporation are linking together to develop a vaccine that can prevent malaria.

Currently, there is no approved malaria vaccine.

The Navy and CEL-SCI Corporation signed an agreement to collaborate on the development of the vaccine. Heading up the research for the Navy is CAPT Steven Hoffman, MC, who works at NMRI in Bethesda, MD.

Malaria is responsible for about 2.7 million deaths annually world-wide. It is a parasitic disease that is transmitted by mosquitoes. As with tuberculosis, the number one killer in the world ahead of malaria, the emergence of drug resistant strains has increased the deadliness of the disease. Coupled with this drug resistance is the emergence of insecticide-resistant strains of mosquitoes.

In the United States, while the number of cases of malaria isn't a major problem, it is a concern for troops who deploy to parts of the world where the disease is prevalent.

Hoffman is currently in Kuala Lumpur doing research on malaria.

By Jan Davis, Bureau of Medicine and Surgery

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Headline: Vietnam POWs Have Few Psychological Problems

San Diego--Researchers from the Naval Health Research Center (NHRC) have found that while Vietnam POWs suffer from a higher rate of certain physical problems than other Vietnam veterans, psychologically they fair no worse than their non-POW counterparts.

D. Stephen Nice, Ph.D., his NHRC colleagues and researchers from other government organizations studied 70 former naval aviator POWs in 1993, following up data they gathered in 1979. The data were compared to health information from a group of naval aviators who served in Vietnam but were not POWs.

Nice found that the POWs had significantly higher rates of joint and back disorders as well as nervous system disorders. They also had a higher rate of peptic ulcers.

The study disproved the researcher's assumptions that the POWs would have more negative mental health problems after imprisonment. This surprised the researchers since studies of World War II POWs identified a high incidence of post traumatic stress disorder and other symptoms.

Nice and his colleagues said the findings from this study have important implications for the training of military people who might be at risk for capture by an enemy. He credited the Navy's Survival, Evasion, Resistance, and Escape (SERE) program with preparing the aviators to withstand imprisonment and abuse.

"The results of this study, which suggest that some individuals can survive extreme insults of torture and deprivation without significant long-term loss of mental health should be integrated into the SERE (Survival, Evasion, Resistance, and Escape) program," said Nice in his report.

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Headline: Some Reservists Authorized to Wear "M"

Washington DC (NWSA)--Reservists who have performed qualifying active-duty service in support of a designated contingency operation on or after Aug. 1, 1990, are now authorized to wear a bronze "M" mobilization device.

Approximately 282,000 Reserve and National Guard members are eligible to wear the device, including participants of the Persian Gulf War, Operation Restore Hope (Somalia), Operation Uphold Democracy (Haiti) and Operation Joint Endeavor (Bosnia).

"This device recognizes the sacrifice of our National Guard and reserve people who are mobilized as part of the Total Force," said Secretary of Defense William J. Perry.

The "M" device will be worn on the Armed Forces Reserve Medal. The new Executive Order accommodates service for both longevity and for mobilization through the use of bronze, silver and gold hourglass devices designating 10, 20 and 30 years of Reserve service; the "M" device for service during a mobilization or contingency designated by the Secretary of Defense and; an Arabic numeral indicating the number of times the "M" device has been awarded.

Contact your Reserve Center for more information.

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Headline: Naval Historical Center Seeks Medicine Artifacts

The Naval Historical Center in Washington, DC, is seeking artifacts for a historical display on Navy medicine.

The display will be a 200-foot long visual timeline of Navy medicine from 1776 to the present. It will be set up at National Naval Medical Center Bethesda, MD. A date for its opening hasn't been set.

"About 95 percent of what we have now is photographs," said Anne C. Kallus, an intern working on the project.

"We'd love to find materials that would give the display more 'texture,' more visual variety."

Besides photographs, some of the artifacts include surgical tools from World War I and Vietnam, a logbook from a prisoner of war, and posters. Kallus said they are particularly interested in personal items and equipment used by Navy health professionals.

Individuals or commands that have items to donate or lend should call Kallus or Naval Historical Center Curator Dr. Edward Furgol at (202) 433-4882.

By Jan Davis, Bureau of Surgery and Medicine

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Headline: Navy Medicine Seeks Articles

(MEDNEWS)--Navy Medicine, the Bureau of Medicine and Surgery's magazine for Navy health care professionals, is seeking articles.

The magazine's editor, Mr. Jan Herman, said that because Navy medicine is a dynamic, changing institution, he would especially like the journal to include ideas and opinions of Navy health care professionals. Some of the areas they like to get articles on include research, history, unusual experiences in Navy medicine, editorial opinions, and professional and clinical articles.

For submission guidelines, call Mr. Jan Herman at 202-762-3244, DSN 762-3244.

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Headline: TRICARE Wants Your Questions

Do you have a question about TRICARE you would like to see answered? The Bureau of Medicine and Surgery now has a special e-mail address where you can send in your questions and have them responded to via the MEDNEWS.

The e-mail address is tricare@bms200.med.navy.mil.

Because of space constraints, not all questions will be answered, but MEDNEWS will try to respond to as many as possible that are of general interest. Specific personal questions about TRICARE should be referred to your local Health Benefits Advisor.

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Headline: Healthwatch: Relaxation Can Be Key to Healthy Life

Relaxation is essential to good physical and mental health, says the Navy's stress expert, and he encourages you to take the day off and go fishing -- or find an alternative way to relax.

"To relax, you should spend your free time like a child under ten years old because children after that age start becoming goal oriented," said LCDR Paul Anjeski, MSC, the Navy's stress management program manager at the Bureau of Naval Personnel. The main thing to remember about relaxing is that whatever you do needs to be non-goal oriented, non-directed and non-competitive."

Why is the Navy so interested in ensuring its people know how to relax? In the short term, Sailors who are under

stress have poor concentration and lose mental stamina.

"That's a real problem when you've got a Sailor on watch," said Anjeski. "You don't want him losing concentration or getting mentally tired."

In the long term, stress contributes to migraine headaches, ulcers, muscle spasms, and high blood pressure, which in turn can cause heart disease. Stress has also been linked to increased drinking and eating.

Anjeski said that some good stress-reducing activities include keeping a journal, riding a bike, working in your yard, playing a musical instrument, or just taking a nap.

While relaxation comes naturally to many people, some people need to learn how to relax.

"Actually, people have to re-learn how to relax," said Anjeski. "The body has a natural ability to return to a relaxed state, but some time during our adolescence, we learn to 'compete' rather than 'play.' That's when most of us begin to feel stress."

Sometimes, re-learning how to relax means changing how we look at our off-duty hobbies. DT1 Barbara Holmstedt at the Bureau of Medicine and Surgery (BUMED) is an example. She took up needlepoint as a hobby to help her relax, but found it stressful because she tried to make her projects error-free. It took some practice for her to learn to how to let her hobby relax her.

"Now, if it's (the needlepoint project) not perfect and maybe the colors are a bit off, I just say that I've improved it and move on," Holmstedt said.

To learn how to "play" again and reduce stress in your life, contact your local Military Treatment Facility's Health Promotion Office, Family Service Center or Morale, Welfare and Recreation Department.

By LCDR Lissa Wohltmann and Jan Davis, BUMED

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Feedback on stories, articles, questions, and suggestions are solicited. Help us make MEDNEWS better. Contact Jan Davis, Bureau of Medicine and Surgery, at nmc0jkd@bms200.med.navy.mil

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